


III. Workshop Format

Supplies

1. **Food for display:** Choose a colorful selection of seasonal fruits and vegetables that can be used for a display. For suggestions for seasonal foods, look at the handout "R.I. Grown Seasonal Availability Chart" or just visit a local farmstand. You can choose to use baskets and a tablecloth to add interest to the display.

2. **Food and equipment for demonstration:** Select a recipe to demonstrate or have participants help with the demonstration. Recipes with supply lists are located in the appendix.
3. **Other Supplies:** 2' x 3' pad
Masking tape
Markers

Handouts



1. The Ocean State Food Guide Pyramid
2. R.I. Grown Seasonal Availability Chart
3. R.I. Roadside Stands
4. R.I. Farmers Market
5. R.I. Apple Orchards
6. R.I. Grown Pick Your Own
7. R.I. Certified Organic And Transitional Organic Farms
8. Sweets of R.I. Honey and Maple Syrup
9. 2000 R.I. Marine Fisheries Commonly Caught Fish and Shellfish
10. Purchasing Seafood is Easy
11. Workshop Evaluation